



School Menu – September 2019

Week 1	2	3	4	5	6
AM Snack		Cereal with milk	Yogurt with strawberries Milk	Cereal with milk	Applesauce with animal crackers Apple juice
PM Snack		Cheeze Its Apple juice	Go-Gurts Fruit juice	Animal Crackers Apple juice	Cheerios with raisins Fruit juice
Week 2	9	10	11	12	13
AM Snack	Cereal with milk	Mixed fruits Apple juice	English muffins with jelly Milk	French toast sticks with syrup Milk	Cereal with milk
PM Snack	Mixed fruits Apple juice	Cookies Fruit juice	Ritz Crackers with cheese Lemonade	Veggie Straws Fruit juice	Pretzels Apple juice
Week 3	16	17	18	19	20
AM Snack	Toast with butter Apple juice	Cereal with milk	Graham crackers with cream cheese Milk	Cereal with Milk	Pancakes with syrup milk
PM Snack	Fruit Bar Lemonade	Yogurt Apple juice	Animal Crackers Fruit Juice	Veggie Straws Fruit juice	Chips & Salsa Early Preschool: animal crackers
Week 4	23	24	25	26	27
AM Snack	Cereal with milk	Pancakes with syrup Milk	Ritz crackers with cheese Milk	Yogurt with wafers Milk	Cereal with milk
PM Snack	Veggie Straws With fruit juice	Goldfish With fruit juice	Go-Gurts Apple juice	Vanilla wafers Lemonade	Cookies and milk
Week5	30				
AM Snack	Pancakes with syrup milk				
PM Snack	Vanilla pudding with wafers Apple juice				

Note: Lunch is provided by parents. **Peanut-Free Zone**

**menu subject to change*